



u8-u10 ADP small sided games session

Category: Small-Sided Games

Difficulty: Beginner

Am-Club: Oakville Soccer Club
Carl Horton, Oakville, Canada

SSG to 1 Goal (A) (15 mins)

Organization:

- 10-12 players
- see diagram for set-up and equipment
- area of approx. 25x20m (adapt for age/abilit/numbers)
- Regular 4v4/5v5 small-sided game. Play with a Retreat Line - after a goal, if the ball goes out on the end or GK secures the ball, the opposition must back-up behind the line. Cannot cross line until first touch is taken. If ball goes out of play, ball can be passed or dribbled in.

Coaching Points:

- When could you pass/dribble/shoot?
- Can you scan for space, balls, players?
- Can you make a quick decisions with and without the ball?



2 Way SSG (B) (15 mins)

Organisation:

- 10-12 players
- see diagram for set-up and equipment
- area of approx. 25x20m (adapt for age/abilit/numbers)
- Divide group into 4 teams (2-3 per team depending on numbers). Play 2 games going across from each other. Change the opposition every few minutes. If ball goes out of play, ball can be passed or dribbled in. Games will be played using size 1 soccer balls.

Coaching Points:

- When could you pass/dribble/shoot?
- Can you scan for space, balls, players?
- Can you make a quick decisions with and without the ball?



SSG to 4 Goals (C) (15 mins)

Organization:

- 10-12 players
- see diagram for set-up and equipment
- area of approx. 25x20m (adapt for age/abilit/numbers)
- 4v4/5v5 SSG to 4 goals. One goal on each side of field, teams can score in any net. Once a team scores in a net must attack a different net before attacking that one again. If ball goes out of play, ball can be passed or dribbled in.

Coaching Points:

- When could you pass/dribble/shoot?
- Can you scan for space, balls, players?
- Can you make a quick decisions with and without the ball?



SSG to 2 target players (D) (15 mins)

Organization:

- 10-12 players
- see diagram for set-up and equipment
- area of approx. 25x20m (adapt for age/abilit/numbers)
- 4v4/5v5 SSG To score a point players have to play into a target player. Play with a Retreat Line - after a goal, if the ball goes out on the end or GK secures the ball, the opposition must back-up behind the line. Cannot cross line until first touch is taken. If ball goes out of play, ball can be passed or dribbled in.

Coaching Points:

- When could you pass/dribble/shoot?
- Can you scan for space, balls, players?
- Can you make a quick decisions with and without the ball?

